



## ***"2017 Bagan Temple Marathon" – 4 days 3 nights for Asian Runner (24-27 November 2016)***

*Tucked away in central Myanmar, the ancient site of Bagan is the location of this exciting Adventure Marathon. Home to more than 2,000 temples, Bagan's beauty and historical significance is unsurpassed. Sacred pagodas and beautiful temples are scattered across the plains of Bagan creating a mystical, stunning landscape. The marathon course will take runners on a voyage of discovery into this alluring and untouched land.*

*The tour package includes social events, tours of Bagan and hotel accommodation. Get ready for three incredible days in a country laden with sacred temples, pagodas and magnificent natural beauty.*

### **Day 1 - 24 November (Friday)**

#### ***Arrival Bagan, sunset tour and pasta dinner***

*Arrive at Nyaung U Airport near Bagan and make your way to the hotel for check-in. Transportation from the airport is not provided, but taxis are plenty-full and the distance is not long. At the hotel your local guide will assist with the check in and give information about the coming days. We have the afternoon free to become acquainted with the magnificent landscape of Bagan at our own pace.*

*In the late afternoon we will meet for a sunset excursion to one of the temples and enjoy a magical moment reveling in the stunning beauty of the area as the sun casts its dusky glow over the gilded plains.*

*Once the sun has set we will go to load up on carbs at the pasta party. Start number and T-shirt will be handed out and the race organizers will provide the final information needed for tomorrow's race.*

*Dinner included.*

*Dinner included*

### **Day 2 - 25 November (Saturday)**

#### ***Race day***

*Today is the big day! After an early breakfast at the hotel, we hop on a coach to Hti Lo Min Lo Temple where the marathon, half marathon and 10 km start and end. Running amid the pagoda-studded landscape, we'll experience Bagan in all its former glory. After the race, we'll enjoy some snacks on the steps of the iconic Hti Lo Min Lo Temple. Busses will take all participants (runners and spectators) back to the hotel.*

*Breakfast and snacks included.*



### **Day 3 - 26 November (Sunday)**

#### ***Bagan on your own and Celebration Dinner (Optional)***

*Today is free to relax, enjoy and explore at your own pace. Whether you want to relax at the hotel with a cold drink or rent a bike and explore more of Bagan is up to you. If your legs can carry you why not pay a visit to Ananda Temple, a whitewashed masterpiece of Mon architecture. With its four standing Buddhas and adjacent brick monastery with well-preserved 18th century murals, this temple is one of Bagan's most significant. Close by is also the Thatbinnyu Temple dating from 1144, also known as the temple of omniscience. Or why not pay a visit to one of the local villages or follow the running course to the majestic Dhammayangyi Temple for a closer look. The evening is dedicated to celebrating our achievements of yesterday. A festive dinner and awards ceremony will lead up to an all-night party (Celebration Dinner is optional. Price 70 USD).*

*Breakfast included.*

### **Day 4- 27 November (Monday)**

*Make your way to the airport. Transportation to the airport is not provided.*

*Breakfast included.*

#### **Important:**

*Flights to and from Myanmar **are not included** in the package prices and must be purchased separately by the participants.*

*Participants can apply your Myanmar visa online at: <http://evisa.moip.gov.mm>*

*Flights to / from Bagan depart in the morning or afternoon.*

*Participants **"SHOULD NOT"** book their flight out of Yangdon earlier than 1500 if leaving the same day as the tours end.*



**Prices in (Singapore Dollar)**

**Standard Hotel (Umbra Hotel or similar)**

Shared Double: \$495 per person

Single room supplement (Staying alone in a room) will cost you \$240 more.

**Deluxe Hotel (Tharabar Gate Hotel or similar)**

Shared Double: \$ 780 per person

Single room supplement (Staying alone in a room) will cost you \$450 more.

**Celebration dinner**

27 November \$ 110 per person

**Race package**

Marathon, Half Marathon & 10km - \$375

**Price includes:**

- Hotel accommodation for 03 nights
- Transfer & excursion as per itinerary
- Breakfast on day 2 &3 &4
- Snack after the race
- Dinner on day 1
- English speaking tour guide

**Not included:**

- Visa to Myanmar
- Domestic flights
- International flights to/from Myanmar
- Transportation from the airport
- Personal expenses
- Tips for local guides and driver (3-5 USD per person per day is recommended)
- Meals not mentioned in the itinerary
- Beverages
- Cancellation insurance due to illness or injury prior to departure
- Travel and health insurance (**Strongly Recommend**)
- International Departure Airport Tax
- Anything not mentioned under " Price includes "

***"Please register early as the race is limited to 300 runners ONLY and it is getting more and more POPULAR. "***



## *Bagan Temple Marathon – Race Information*

### ***Race package (\$375) includes:***

- *Entry to Bagan Temple Marathon , Half Marathon or 10km*
- *English Speaking race Officials.*
- *Running T-shirt*
- *Finisher medal*
- *Supplies on the route*
- *Time taking and results service*
- *International Medical team.*

***Do not forget that this is first and foremost an adventure. We are far away from the comforts and services of a city marathon.***

### **Certificate**

*A finisher's certificate will be available for free download from our photo partner's website: [www.marathon-photos.com](http://www.marathon-photos.com).*

### **Clothing and weather**

*The weather in November is hot and humid with temperatures reaching highs of around 30 degrees Celsius (86 degrees Fahrenheit). Light-coloured clothing, short-sleeve technical shirts are a good choice as sweat is not absorbed (like cotton), sun block is a must (use SPF30 or above), a running hat with visor is also advisable as it can help keep the sun out of your eyes.*

### **Course map**

*For information on the route, start and finish lines, drinks stations and other course-related information, look at the course map.*

*You can also download a bigger version of the course map as [a PDF here](#).*

### **Distances**

*The Bagan Temple Marathon features three competitive distances, a full marathon, a half marathon and a 10K race. All distances start and finish at the same time and place.*



### **Distance change**

*It's possible to change distance at the pasta dinner the evening before the race. Distance changes not allowed on race day.*

### **Eligibility**

*Full marathon runners must be minimum 18 years old on race day. Half marathon runners must be at least 16 years old. And 10K runners must be at least 12 years old on race day. 10K participants under the age of 12 are also welcome if accompanied by a runner aged 16 or above.*

### **Start**

*The Bagan Temple Marathon & Half Marathon 2016 takes place 26 November and is scheduled for a 06:00 start in front of the Hti Lo Min Lo temple.*

### **Surface**

*The route is run on a mixture of gravel, sand and paved roads. The route is relatively flat.*

### **Time taking**

*Timing is done manually with internationally approved stop watches. Timing chip is not needed. Result lists will be published at the celebration dinner the following day and online as soon as the local internet connection allows it.*

### **Awards**

*All finishers receive a medal. A small, symbolic prize is given to the winner of all distances for men and women. Please note that there is no prize money.*

### **Bag check-in**

*On race day morning runners can check in personal items needed after the race. Please place all your items in a bag and mark the bag clearly with your name and bib number. To pick up the bag you must show your bib number as identification. Checked in bags will be manned throughout the race, but the race organizers cannot be held responsible for loss of or damage to any items.*



### **Bib number**

*All runners must wear the official Bib number that will be handed out the day before the race. Marathon bibs are black, half marathon bibs are red and 10 km bibs are green.. The bib number must be attached to the front of the torso for the duration of the run.*

### **Cut off time**

*All runners have 7 hours to complete the race. Runners still on the route after the cut off time will be swept up by a race official or medical car and driven back to the finish area. 5 hours after the start, however, the route closes at the 30 kilometer mark. Runners who haven't passed this point at 11:00 will not be allowed to finish the race.*

### **Distances**

*The Bagan Temple Marathon features a classic 42,195 km Marathon, a Half Marathon and for the very first time a 10 km. The distances are color coded – marathon is black, half marathon red and 10 km are green. At the race briefing Friday – the day before the race – it is possible to change distance. No change of distance is permitted on race day!*

### **Drinks Stations**

*Drinks stations serving water are situated along the route. Selected stations also serve energy drink and bananas.*

### **Finish**

*All runners who complete the race within the time limit will receive a medal after crossing the finish line. Water and a lunch pack are given to all participants. Checked in bags can be picked up at the bag check out area. Shuttle busses leave the finish area every hour to bring runners back to their hotel.*



### **Medical Team**

*A team of specialized doctors from Denmark and paramedics from Myanmar will supervise the marathon and assist in case of injury or exhaustion. The medical team has undisputed authority to exclude runners who, according to the doctors' judgment, should not continue running if it involves a serious health risk to the runner. The medical team will be patrolling the route as well as being situated in the finish area and on strategic points of the route. Runners who wish to drop out of the marathon should go to the nearest drinks station and wait for a medical or race official car. If it is not practical to go to a drinks station simply wait at the side of the road. We encourage all participants to look out for each other and report to the officials or medical team if you see an injured runner on the route. All decisions made by the medical team are final and not up for discussion!*

### **Personal supplies**

*It is possible to have personal supplies delivered to selected drinks stations. The personal supplies can be food, drink, sunscreen or other personal necessities. Personal supplies must be handed over to the race officials in the morning before the race starts - remember to clearly mark your supplies with start number and number of the drinks station you want it deposited. Personal supplies deposited to the drinks stations will not be returned.*

### **Race Officials**

*English speaking race officials are in charge of setting up the route as well as controlling the logistics on race day. They will be patrolling the route and guiding on the most crucial places on the course. Assisting guides will also be placed on the route to show directions. All decisions made by the race official team are final and not up for discussion!*

### **Route Logistics**

*Kilometer signs can be found along the entire route. Owing to the conditions, however, they may be placed +/- some meters from the exact point. The kilometer signs are therefore only for orientation and runners shouldn't calculate speed based on the signs.*

*Note that there won't be any toilets along the course, which means that toilets are available anywhere in the form of nature! Toilet paper is available at all drinks stations.*

*The route is not closed off to traffic, but traffic police guards all entries to the route to warn drivers and ask them to slow down. Traffic is not heavy on these roads, but do keep an eye out for cars and trucks while running on paved roads!*

**"The race organizers reserve the right to change details of the race."**